

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
OCTOBER 22, 2013
HURRICANE, UTAH**

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Commissioner Clare Ramsey
Art Cooper
Clem Griffin (Chair)
Lael Chynoweth
Judy Henrie
Pauline Prince
Arlen Grimshaw
Lois Bulloch
Earl Paddock
Doug Maxwell
Wallace Gibson
Mary Stevens
Ila Mae Swapp

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Kane County Advisory

MEMBERS NOT IN ATTENDANCE

Joyce Griffin (Excused)
Sharon Ott (Excused)
Gayle Rhode
Tamara Atkinson (Excused)
Kaye Reese (Excused)

Garfield County Advisory
Washington County Advisory
Washington County Advisory
Washington County Advisory
Washington County Advisory

OTHERS IN ATTENDANCE

Arlene Malchus
Audrey Conrad
Jim Sly
Pam McMullin
Donna Chynoweth
Teena Pittman
Wynona Henderson
Connie Lloyd
Fayann Christensen
Christine Holliday (voting for Sharon Ott)
Bryan Thiriot
Carrie Schonlaw
Carolyn Moss

Beaver County
Beaver County
Beaver County
Beaver County Coordinator
Garfield County Coordinator
Garfield County
Garfield County
Iron County Coordinator
Kane County Coordinator
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Clem Griffin, Chair, conducted the meeting and thanked those in attendance for coming and recognized Commissioner Clare Ramsey and his support for this Council.

II. MINUTES APRIL 23, 2013

Mr. Clem Griffin, Chair, requested a motion to accept the minutes of April 23 , 2013.

MOTION WAS MADE BY MR. ART COOPER TO ACCEPT THE MINUTES OF APRIL 23, 2013. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Clem Griffin, Chair, requested local sharing from County Coordinators.

Ms. Pam McMullin - Beaver County

Ms. McMullin commented on the Hurricane Center and that it feels great to be there. Things are about the same in Beaver County. The Health Fair was held in August; each center donated a quilt for prizes for bingo; served about 150 for dinner. Health screenings were available during the fair. Meals on Wheels and Congregate meals are going well at the centers. Ongoing activities at the centers include health screenings, bingo monthly, exercise classes. Seniors travel to all centers for activities. In September, a new exercise class began in Milford. The Minersville Center has “active” bonko games, a bazaar in October with a Christmas quilt provided as raffle prize. No new staff; new Meals on Wheels driver in Beaver doing great job. The Mayor of Beaver City has been donating \$200.00 monthly to the Beaver Center to purchase

lamps, pictures for walls, etc. to enhance the center and provide for items that budgets may not be able to provide. Planning Christmas parties for December.

Ms. Connie Lloyd - Iron County

In Parowan, the new church was dedicated and road construction has Main Street torn up. Quilters are continuing to make baby quilts. The Cedar City center has a new cook and she is doing very well. Ongoing activities at the centers include exercise classes, yoga, tai chi, Wii, quilting, bridge, pinocle, DUP meetings, etc. Fall socials were held at both centers. Presentations from Social Security on website assistance, the Red Rock Center, and the Alzheimer's association provide information for seniors in Iron County. Trips to Navajo Lake, to see the changing colors of the leaves, and lunch at Woods Ranch and to Tuachan for "Mary Poppins" were enjoyed. Centers are keeping busy. Seeing an increase in numbers with winter coming; numbers had been down at centers due to incidents of age. A special memorial service was held at the Cedar City Office for a long-time volunteer.

Ms. Christine Holliday - Washington County

St. George Center

New patio awning is completed; ribbon cutting ceremony and barbeque on October 30, 2013 at 10 a.m. Hoping to use the patio as breakfast cafe, yoga classes, and other outdoor activities. Breakfast for the Brain class doing great; about 30 attending. Mr. Terry Hawks and Ms. Shanna Bland team teach the class and are presenting at DRMC on Friday, October 25, 2013. Zumba continues to be a very popular activity at the center; a genealogy class will begin in January, 2014. Other ongoing activities include knitting, crocheting, facebook instruction, basic PC training, card games ("hand and foot" very popular), Widows and Parkinson's support groups, square and round dancing, health screenings, tap dancing ceramic classes. Legal, financial and Medicare information available. The Center partners with TURN for shredding; TURN picks up weekly. Losing a driver in November; posting at that time.

Springdale Meal Site

Going well; need new supervisor. Working with city regarding rules with recycling, etc.

Hurricane Center

Staff out today; Vince from St. George here to help. Ongoing activities at center include card games, painting, health screenings, and bus trips to St. George. Weekly bake sale - profits to purchase bingo prizes. Donated golf cart was sold to meet revenue goal. Peach Day Breakfast; not as well attended as they had hoped. Seniors love Navajo tacos - purchased a deep fryer to make easier. Have had a graffiti problem; hope that it is one time only. Seniors attended the Corn Fest in Enterprise; had an old fashioned day in September where they brought something from their youth that may not be used today, i.e., egg beaters. The "Salt Shakers" entertain at center. Having a hard time getting anyone to serve on the advisory council.

Enterprise Center

Monthly activities at the center include movie - pot luck night, health screenings, Wii bowling tournaments with cub scouts (seniors win). Police department presented safety measure to seniors; annual father's day breakfast, and 24th of July float; Corn Fest, Halloween Party, and Christmas in November. Newly remodeled thrift shop is doing well. Seniors are coming to the center for lunch, but not always staying for activities. Invitation sent to 167 seniors (over 60) to attend center.

Ms. Fayann Christensen - Kane County

Ongoing activities at the Centers are going well in Kane County. Cooking the meals in Orderville and delivering to seniors throughout the county have greatly reduced costs. May need to hire temporary help with cooking and delivering meals during January - March due to road construction between Mt. Carmel and Kanab. Took a trip to Hopi Land for the autumn pow wow; van broke down - wires had been eaten by squirrel; but everyone had a great time. Congregate meals are up 11%. Activities at centers include Wii bowling, exercise classes, pool, and are trying bingo. Spanish and Local History classes are provided. Nothing to report on new center for Kanab; a new 15-passenger van; and great staff and 2 great commissioners in Kane County. Monthly trips to St. George for shopping and doctor appointments continue to be provided. In addition, Orderville's "Happy Hookers" crochet American flags for the caskets of

Veterans and have a Movie Day. Remodeling to the Orderville center is continuing.

Ms. Donna Chynoweth - Garfield County

Things are going well in Garfield County. Panguitch has added a new Meals on Wheels driver to substitute when needed. An annual picnic was held in Tropic; dinner included dutch oven potatoes, ribs, chicken, scones with honey butter; great entertainment (local entertainer was lost for about 1 hour). Cindy Rose with the Volunteer Center has visited center, acknowledging great volunteers and hoping to recruit more. Record rainfall in August and September caused problems in the county; homes flooded, water line in Escalante broken; Ms. Chynoweth was glad that emergency meals had been delivered to seniors. Bus trips from all centers have been taken to Cedar City, St. George, Manti, and the Beaver creamery. The "Walk With Ease" class will be available in Escalante targeting "younger" seniors. Monthly newsletters are sent from Escalante and Henrieville centers to encourage attendance at activities/meals and provides information for transportation for doctor appointments and shopping. Presentations at the centers have included Jack Chambers, Aging and Blindness and Mel and Becky Osborne, insurance questions. Local entertainment at all centers. Struggle in getting seniors to Henrieville "because it is too small"; but if they would come may be able to get something bigger.

IV. INTRODUCTION OF BRYAN THIRIOT

Ms. Carrie introduced Mr. Bryan Thiriot, the new Executive Director of the Five County Association of Governments.

V. LEGISLATIVE & FISCAL UPDATE

Impact of Federal Shutdown

- The State of Utah had planned for the shutdown by drawing down federal funds enabling programs to continue as usual; waiting to see impact from January, 2014 discussions.

- Ms. Schonlaw was given approval to carry forward \$85,000 of project income from FY 2013 to the 1st quarter of FY 2014. This will help offset sequestration cuts from FY 2014. At this time the congregate and home-delivered meal budgets look good with no need to cut back for now.
- IIIB funding (supportive services) including transportation, funding is a little tighter and will be monitored closely. An assessment will be made at mid-year to see if changes needed to be made. There may be an option of transferring some meal funding to IIIB with the state's approval if need arises and there are available funds in Nutrition.

DAAS & U4A State Legislative Priorities

- The Utah Division of Aging and Adult Services has sent to the governor's office their three building blocks for FY 2015; (1) provider reimbursement increase, (2) \$300,000 for Meals on Wheels to offset sequester cuts, and (3) additional funding for APS (Adult Protective Services) for more staff.
- U4A priorities for FY 2015; (1) additional funding for Meals on Wheels, (2) \$100,000 one-time funding for National Caregiver Program become ongoing funding. This funding was used in our area to enhance the Alzheimer's & Dementia Society Memory Activities classes held at the St. George Center and to add a similar program at the Cedar City Center. There is a participant charge for private pay individuals. The Five County National Caregiver Program would be given 8 stipends for clients on this program to attend these classes at no charge as part of this funding.

Senior Day at the Legislature

- Senior Day at the Legislature is tentatively set for Wednesday, February 13, 2013 and will be held at the Capitol Rotunda. More information will be coming and distributed to County Coordinators. Ms. Schonlaw recommended that the Council approve Area Agency Administration funding for vouchers for meals, travel, and hotel expenses be used for 2 representatives from each county (10 total) to participate. She recommended that travel to Salt Lake be coordinated between counties and staff from Five County that would be attending.

**MOTION WAS MADE BY MR WALLACE GIBSON TO ACCEPT
RECOMMENDATION FOR SENIOR DAY EXPENSES. MOTION SECONDED BY MR.
ARLEN GRIMSHAW. MOTION CARRIED UNANIMOUSLY.**

VI. NUTRITION PROGRAM

The annual Nutrition Program monitoring will be this week, (October 24-25, 2013) with Ms. Charlotte Vincent of the State Office. Visits will be made at the Long Valley and Enterprise Centers.

VII. ELECTION OF NEW CHAIR & CO-CHAIR

Nominations were made the by Council for a new Chair and Vice-Chair.

**NOMINATION FOR MR. ART COOPER TO SERVE AS THE NEW CHAIR FOR THE
AGING AND NUTRITION SERVICES ADVISORY COUNCIL MADE BY MR. ARLEN
GRIMSHAW; SECONDED BY MR. WALLACE GIBSON. MOTION TO CEASE NOMINATIONS
BY MR. WALLACE GIBSON; SECONDED BY MR. DOUG MAXWELL; MOTION TO ACCEPT
MR ART COOPER TO SERVE AS CHAIR CARRIED UNANIMOUSLY.**

**NOMINATION FOR MS. ILA MAE SWAPP TO SERVE AS THE NEW VICE-CHAIR FOR
THE AGING AND NUTRITION SERVICES ADVISORY COUNCIL BY MR. CLEM GRIFFIN;
SECONDED BY MR. ARLEN GRIMSHAW. MOTION TO CEASE NOMINATIONS MADE BY
MS. JUDY HENRIE; SECONDED BY MS. MARY SCHAIDT. MOTION MADE TO ACCEPT
NOMINATION FOR ILA MAE SWAPP AS NEW VICE-CHAIR CARRIED UNANIMOUSLY.**

VIII. PREVENTATIVE HEALTH

- “Walk With Ease” trainers have been certified to teach classes in our area. These trainers can retain their certification by teaching one class per year. Preventative Health funding can be used for training, supplies needed for the classes, etc. Ms. Tracy HeavyRunner is planning an additional training for trainers in early November; more information will be provided to County Coordinators.

- “Stepping On - Fall Prevention” class offered in Provo. No cost for the training; \$104.00 for trainer’s manuals and materials. Information on this class was given to Coordinators. Preventative Health funding can be used for this training, including travel expenses.

IX. OTHER BUSINESS

Open Discussion

- Questions asked about repairing doors on vans that seem to “open” up. Vans have been taken to dealership in Cedar City, but did not fix the problem. Mr. Wallace Gibson stated that this may be due to moisture getting in to the controls. Once sealed, they have had no problems. Suggestions to take van to school district, Washington County Road department.
- Due to road closures on Highway 89 between Mt. Carmel and Kanab scheduled for the next few month, the January meeting will be held in Beaver County at the Beaver Center.

Options Counseling

- The Five County Case Management department has been approved as a ADRC site for Options Counseling. Options Counseling will be provided for in-depth assistance for long-term care needs including planning, application assistance, connecting with community resources, etc. New process for information and referral calls to intake worker and screening by Ms. Tracy HeavyRunner will determine if caller is appropriate for this service. One case manager will be assigned for this program to begin January 1, 2014.

X. ADJOURN

Meeting was adjourned at 11:30 a.m. Lunch was then served at the Hurricane Center.